

NATURAL NAILS

Using Spa Ritual products to compliment treatments. Spa Ritual uses natural ingredients and is vegan and environment friendly.

File and polish (hands/feet)(15 min)	£10
Manicure (45 min)	£20
File, scrub, buff, cuticle work, massage and polish	
Luxury Manicure (1hr)	£25
Manicure with mask and heated mitts	
Pedicure (45 min)	£20
File, scrub, buff, cuticle work, massage and polish	
Luxury Pedicure (1hr)	£25
Pedicure with mask and heated mitts	
French polish (15 min)	£5
Add this on to any of the above treatments	
Remember to bring open toes shoes for pedicure treatments.	



Minx is a revolutionary new toenail covering. A favourite of stars including Beyoncé Knowles, Lady Gaga and Victoria Beckham. Choose from liquid gold, silver, fishnet, polka dots, cheetah print and many more. Guaranteed to remain perfect and chip free for 4-6 weeks. Perfect nails without the hassle. An added bonus is that Minx is friendly to the environment and does not require chemicals to apply or to remove, so don't feel guilty – go on Minx yourself!

Toe nail prep and minx application (1hr)	£25
Pedicure plus minx application (1hr 30)	£40
Hollywood Toes (1hr)	£25
Includes mini pedicure	
Removal with mini pedicure (1hr)	£20
Removal & new application of nails (1hr 30min)	£40
Remember to bring open toe shoes for pedicure treatments.	

FAKE BAKE TANNING

Fake Bake exfoliator and tanning products create a healthy, natural, streak-free long lasting tan.

Fake bake cream lotion with exfoliation	
Full body (1hr)	£30
Upper or lower body (30 min)	£15
Please note that the tanning products should be left on the skin for at least twelve hours to allow it to develop. It's recommended to wear dark loose clothing and open toe shoes after tan application.	

BODY TREATMENTS

Swedish Body Massage	
Deep tissue massage to help relieve tension and stress	
Full Body (1hr)	£40
Back, Neck and Shoulder (30min)	£20
Legs and feet (30min)	£20
Reflexology (1hr)	£25

Reflexology is based on ancient techniques used to promote good health. Reflex areas in the feet correspond with all major organs, glands and body parts and using specific techniques and pressure point massage, this treatment can promote healing power in the body, increase energy flow which in turn promotes good health and relaxation.

EYE CARE

Eyebrow shape/wax (15 min)	£8
Eyebrow tint (15 min)	£8
Eyelash tint (30 min)	£10
Eyelash and eyebrow tint (30 min)	£15
Patch test required 24 hours before tinting	

Nouveau lashes are state of the art lashes that give you longer, thicker, very natural looking eyelashes. Soft and curved just like natural lashes they are applied to each lash individually. They are comfortable to wear and give eyes an instant wow factor. There's no doubt that every girl looks prettier with longer lashes. They can last up to 3 months with maintenance required every 2-3 weeks.

Full Set – £70.00 / Half Set – £35.00 / Maintenance – £35.00 / Strip Lash Application £13.50.

WAXING

Using the PHD Wax system, for the safest and most hygienic waxing.

Ankle to Knee (15 min)	£15	Eyebrow (15 min)	£8
Full leg (30 min)	£22	Lip or chin (15 min)	£7
Full leg and Bikini (1hr)	£30	Lip and Chin (15 min)	£12
Underarm (15 min)	£8	Forearm (20min)	£15
Bikini (15 min)	£12	Gent Chest (30 min)	£15
Brazillian Bikini (30 min)	£20	Gents Back (30 min)	£20

No UV light exposure or heat treatments 24 hours before or after waxing.

PERMANENT HAIR REDUCTION

No more waxing or shaving! Pulsar IPL is the latest technology in Permanent hair removal. Pulsar intense pulse light therapy is virtually pain free and safe. Face and body can be treated with effective and long lasting results. Call to book your free consultation.

FACIAL TREATMENTS

We use Priadara products to compliment treatments. Priadara products are free from harsh ingredients, including artificial colouring and fragrance, alcohols and animal extracts. They are not tested on animals and come in recyclable bottles.

Express facial (30 min)	£18
Cleanse, scrub, mask, moisturise using products for your skin type.	
Luxury Facials (1hr)	£30
Cleanse, steam, scrub, facial massage, mask and moisturise using products for your skin type.	

Hoopl Ear Candle (30 min)	£15
An ancient natural therapy used to remove impurities.	
Scalp massage followed by ear candling, to relax and soothe.	

MAKE-UP

Day/evening make up (45 min)	£25
Bridal make-up including trial (2hrs)	£50

PACKAGES

Mother-to-be £60 (2hr)
Back neck and shoulder massage, scalp massage, luxury
pedicure, and manicure

Anti Stress Package £60 (2hr)
Express facial, swedish body massage followed by a manicure

Holistic Package £60 (2hr)
Reflexology, hoopi ear candles with scalp massage, followed
by back neck and shoulder massage

Party Package £60 (2hr)
Full body tan with exfoliation, Hollywood toes followed by file
and polish on hands.

Bridal Package
These can be tailored to suit the needs of the bride for her
special day, ask your therapist for details.

Gift Vouchers are also available

inner BEAUTY
sanctuary

Inner Sanctuary offers a calm and peaceful environment for you to fully relax and enjoy your treatment. Inner Sanctuary uses the following products, Fake Bake, Spa Ritual, Priadara, NSI and PHD. Products can be purchased for you to continue your pampering at home.

Our therapist will offer their knowledge and expertise to ensure you fully benefit from your treatment.

Please give 24 hours cancellation notice.

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A 50% cancellation charge may apply if notice is given less than 24 hours in advance.